

Leighton Meester Says “Stupid” Split Inspired New Album



By Amanda Boyer

Gossip Girl alum turned singer Leighton Meester performed songs from her new album on Tuesday, Oct. 14 in NYC at the Apple store. After the performance, according to USMagazine.com, Meester spoke about her inspiration for the album and why it's entitled "Heartstrings." She explained that a past split she had when she was 25 years old or younger inspired one of her soon-to-be hit singles.

How can you turn heartbreak into a positive?

Cupid's Advice:

Heartbreak is one of the most painful things you can experience, but it's also something you can make into a positive in your life. Cupid has some tips:

1. Vent: Find a friend that you can be one hundred percent yourself around. Sit down with them and just talk about how you feel. This will help you find pros and cons and be able to get everything out, and as an added bonus, it will bring you closer to your friend.

Related: [Leighton Meester and Adam Brody Secretly Marry](#)

2. Distract yourself: Now that you aren't tied to attending events just because your partners wants you to go, you'll find some extra time on your hands. Find a new hobby or interest. Outside of distracting you from heartbreak, it may open up new friendships and relationships for you.

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3. Channel your hurt into art: If you're a creative person, sometimes heartbreak transcends itself into art, whether that means sculpture, drawing, painting, writing or music. Use what you're feeling to your advantage and create something beautiful out of it.

Have another way to turn your heartbreak around? Comment below!